ABSTRACT OF THE DISCLOSURE

A fall restraint system to be incorporated in an existing ladder system where there are ladder stations, each having a platform, a ladder extending up from the platform, a safety cage around an upper portion of the ladder, and a perimeter guard rail. There is a plurality of adjustable fall restraint sections extending from the upper rail member of the guard rail to a lower cage element of the safety cage. The end connecting members and their intermediate restraint members are made adjustable to accommodate different locations and configurations.